

Specification Amendments:

Page 13, Last Paragraph:

Description of Preferred Embodiments

In the drawings, Figure 1 shows an exercising and physiotherapy system 10, comprising a machine or apparatus with a frame at 12 made up of a series of frame members and defining a space 14 within which an exercising user 16 positions himself for exercising. The apparatus preferably is at least about six feet in height and at least about four feet in width; it may be at least about seven feet in height.

Page 15, 2nd Full Paragraph:

The vertical bar support members 48 are an important feature of the invention, providing versatility in positioning of the bars 50 so that, as described above, a nearly limitless number of exercises can be performed on the machine of the invention. In a preferred embodiment at least about twelve of the bar support members 48 are provided. The vertical bar support members 48 are adjustable by horizontal sliding movement along the horizontal frame members 40, 42, 44, 46 between which they are positioned. Their positions may be locked in place using screw fasteners with knobs 52, seen in Figs. 1-3 and in better detail in Figs. 16 and 17.

Paragraph Bridging Pages 18-19:

Fig. 3A, as well as most of the drawings, also shows a series of holes 60 which are preferably closely positioned to in each of the vertical bar support members 48 (preferably at least about six holes in each bar support member), to receive flexible exercising bars 50, a portion of one being indicated in Fig. 3A. These bars, which are in a series of different stiffnesses and flexibilities as discussed above, are simply fitted into opposed holes 60 of vertical bar support members 48 positioned approximately equally at opposite sides of the frame 12. As noted above, the horizontal frame members 42, 44, 46 many have a tape measure stamped into the surface, or position numbers on the side of those members, for this purpose. The bar 50, which may or may not have a head 62 at each end, is inserted into the hole 60 at one side, then pulled back to insert the other end of the bar into the vertical bar support member 48 at the other side of the machine. Both the head 62 and an inboard enlarged disk 64 preferably included near each end of each bar are smaller in diameter than the holes 60. When weight or other bearing force of an exercising user is placed against the bar 50, typically near the middle of the bar, the bar flexes as shown in many of the drawings and as shown in Fig. 3B, pulling inwardly in the holes 60 with minimum friction. The enlarged head 62, along with the disk 64 (which has effectively centered the bar), act to

contain the bar in place and prevent its pulling out of the bar support member 48. As can be seen from Fig. 3B, the angle of the bar 50 in this deflected configuration, passing through the hole 60, is sufficiently steep that the enlarged head 62, although smaller in diameter than the hole 60, will prevent or discourage the bar from pulling out of the hole. The disks 64 may be spaced sufficiently inward from the heads 62 that they have no actual effect in preventing pullout of the bar, but they act to assist the user in approximately centering the bar between the opposed vertical bar support members 48 on either side of the machine.

Page 20, 1st Partial Paragraph:

significant deflection, to the most flexible bars for use by aging exercisers or physiotherapy patients who must, at least initially, exert a minimal amount of force without impact. For example, a range of stiffness/flexibility of a set of bars can be from a stiffest bar requiring about 400 pounds force applied at the middle of the bar when supported in the frame to obtain a three inch deflection at the middle, to a bar of lowest stiffness requiring about 1 ~~pounds~~ pound force applied at the middle of the bar when supported in the frame to obtain a three inch deflection at the middle. This range can vary, and it is preferred that the set of bars include approximately eight to twelve bars or more, preferably with a plurality of bars at each level of stiffness,

so as to include pairs of bars of substantially equal stiffness,
particularly to provide for exercises such as shown in Fig. 1,
where the user 16 has each hand on a different bar 50.